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**PREVALENCE AND MANAGEMENT OF RHEUMATOID
ARTHRITIS AMONG PATIENTS ATTENDING NYERI PROVINCIAL
GENERAL HOSPITAL**

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ABSTRACT

This study on the prevalence and management of rheumatoid arthritis was carried out at Nyeri Provincial General Hospital. The objectives of the project were to find out the prevalence of the disease in the hospital and what is the common type of therapy employed. The patients that were found to be suffering from rheumatoid arthritis were 260.

35.6% were male and 64.6% were female. The study included patients who were 10 years old and above. The highest number of patients was recorded between 61-70 years.

Questionnaires were used in the data collection directed to the physicians.

During that period of study, the highest number of patients was recorded during the month of December and the lowest in the month of January NSAIDS were the most commonly used drugs. Less than one quarter of the total number of patients was undergoing physiotherapy. The data was analyzed using pie chart and graphs. It was concluded that the disease is highly prevalent in the area especially when the temperatures are low. The recommendation was that patients who present with rheumatoid arthritis should be started on DMARDS if the disease is treated more than three times without much improvement; this is to decrease the incidence of disability.